

How the body reacts to extreme cold

A reduction in body temperature can result in impaired body function. Your muscles and the nerves that transmit impulses work more slowly, which is why when you get frostnip your fingers feel clumsy trying to tie a shoe or button up. Your body's reaction to cold is to contract muscles to create heat, causing us to shiver and produce goose bumps. These little movements generate a little bit of heat in our body's attempt to warm us up. While humans do not have enough hairs for goose bumps to be effective, they help to improve insulation in animals with dense coats of fur.

